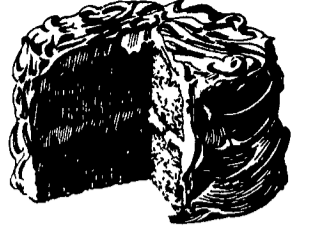


Home On The Range



Potatoes In The Fast Lane

You've known for years that potatoes taste good and are good for you. But don't forget, they're versatile and easy to prepare too.

Here's a collection of our readers' best recipes. If you want more recipes, send a stamped, self-addressed, business-sized envelope to The Potato Board, Dept. MP, P.O. Box 16111, Denver, CO 80216.

GOURMET BAKED POTATOES

- 4 medium potatoes
- 1/4 cup chopped green onions
- 1 cup sour cream
- 4 strips bacon, diced
- 4 tablespoons Parmesan cheese
- 1/2 teaspoon salt
- 2 tablespoons butter

Bake potatoes at 400 degrees for 1 hour. Cool. Fry bacon until crisp. Remove from pan, but maintain drippings. Saute onions until soft in skillet. Cut potato shallow on top and scoop out inside. Mash well, adding butter. Put potato mixture in skillet. Add remaining ingredients and mix well. Heat thoroughly. Stuff mixture back into potato skins. Dot with butter and sprinkle with paprika. Bake at 350 degrees for 30 minutes. May be made ahead and frozen or refrigerated. Bring to room temperature before heating to serve.

Frances A. Smith
White Hall, MD

POTATO SUPREME

Cook 6 to 8 potatoes with skins on. Cook in salt water. Refrigerate overnight. Peel and grate coarsely. Add:

- 1/4 cup melted butter
- 2 cups shredded cheddar cheese
- 1/2 cup chopped onion
- 1 pint sour cream
- 1/4 teaspoon pepper
- 1/2 teaspoon salt

Put in 1 1/2 quart shallow baking dish. Bake 350 degrees for 35 to 40 minutes. Serves 6.

This can be made ahead of time and refrigerated until ready to bake. Great for picnics if hot dishes are needed.

Frances A. Smith
White Hall, MD

CRISP FRENCH FRIES

- Potatoes
 - Cold Water
 - Hot oil
- Peel potatoes; cut into 1/4-inch spears. Place in cold water for 5 to 10 minutes, or overnight in refrigerator, to remove starch from

outside of spears. Dry thoroughly to eliminate splattering. Drop into hot oil and fry for 2 minutes or until white on outside.

Remove and let stand for two hours. Return to hot oil and fry for 5 to 7 minutes until golden brown. Will remain crisp, will not be soggy with oil.

Betty Light
Lebanon

CREAMY MASHED POTATOES

- 8 medium potatoes, peeled
- 2 quarts water
- 1 teaspoon salt
- 1/2 cup butter
- 1/2 to 3/4 cup milk, heated

Cook potatoes until soft. Heat milk. Drain potatoes and place in large mixing bowl. Add butter and mash potatoes at medium speed. Add heated milk gradually and beat at high speed until creamy for 2 to 3 minutes. Serves 10 to 12.

Optional: for fat-free potatoes, use 1 packet of butter buds in place of butter and skim milk in place of whole milk. 1/2 cup equal 1 bread exchange.

Betty Light
Lebanon

POTATO SAVORY LAMB

- 4 medium baking potatoes
- 1/2 cup sliced celery
- 1/2 cup sliced carrots
- 1/4 cup chopped onion
- 1 pound ground lean Pennsylvania lamb
- 1 cup catsup
- 2 teaspoons Worcestershire sauce

Pierce potatoes with fork. Place in a circle on paper towel in microwave oven. Microwave on high for 20 minutes or until tender, turning and rearranging once. Remove from oven, and keep potatoes warm by wrapping them in foil.

In a 2-quart glass casserole, place celery, carrot, and onion. Cover with plastic wrap and microwave 1 minute. Stir in lamb; cover. Microwave on high for 4 to 5 minutes or until meat is slightly pink, stir once. Drain off all drippings. Stir in catsup and Worcestershire sauce. Cover and microwave on high for 2 minutes. Slit potatoes down center; press open and top with lamb mixture. Serves 4.

Mary Conrad
Millerstown



Potatoes make a delightful addition to every meal.

POTATO FILLING STUFFED CABBAGE HEAD

- 1 medium head cabbage, whole
- Recipe for creamy potatoes
- 2 large eggs
- 1 large onion, peeled and diced
- 4 slices white bread, toasted and cubed
- Pinch of saffron sprigs
- 1/2 cup boiling water
- 1/2 cup butter
- 1/2 cup hot milk

Place saffron in 1/2 cup boiling water; let stand to steep. Place cabbage head into steam until tender. Saute onions in butter until translucent. Add celery and continue to saute. In the creamy potatoes, add milk, eggs, and beat thoroughly. Drain water from saffron into potato mixture and stir. Stir in sauteed onions, celery, and bread cubes. Place a layer of filling on a serving platter. Place cabbage head in center of platter and pull outer leaves over the filling.

Spread another layer of filling over leaves; repeat process until filling is used.

Serve immediately; do not bake. Serves 16.

Optional: brown butter can be sprinkled over filling if desired. Turmeric can be used in place of saffron.

Betty Light
Lebanon

COTTAGE POTATOES

- 5 large potatoes
- 1/4 pound cheddar cheese, cubed
- 1 small onion, chopped
- 1/2 cup parsley, chopped
- 1/2 cup pimiento, chopped
- 1/2 cup green pepper, chopped
- 1/2 slice bread, broken up
- 1/2 cup butter, melted
- 1/2 cup milk
- Salt and pepper
- 1/4 cup cornflakes for topping

Boil potatoes until not quite soft. Dice potatoes into 2 quart casserole. Add remaining ingredients except cornflakes; mix slightly. Top with crushed cornflakes and bake at 400 degrees for 40 minutes.

Debbie Glenn
Beaver/Lawrence Alt. Dairy
Princess



Featured Recipe

Since her "birth" in 1921, Betty Crocker has shared many delicious cake mixes and cake recipes with three generations of American families.

In 1933, a thirteen-egg angel food cake was introduced. Holiday promotions in the '30s featured special recipes for the Sweetheart Cake, Roses in the Snow Cake and the Easter Bunny Cake.

The one-step method for mixing dry and liquid ingredients cut mixing time in half in 1943. During World War II, Betty helped consumers economize with recipes for the thrifty fruit cake and "economy" cakes.

In 1947, the first cake mixes were introduced to help busy mothers of the postwar era. GingerCake mix and Party Layer cake mix were popular for several years.

The Chiffon Cake was the cake discovery of the century. It contained a mystery ingredient that was new to cake making in 1948: salad or cooking oil. The Answer Cake was introduced in 1954. It consisted of a cake mix, a frosting mix and a baking pan.

Today, Betty Crocker is responding to consumers' concern about dietary fat. New SuperMoist Light cake mixes and Creamy Deluxe Light frostings are 94% fat free and have two-thirds less fat than the originals.

Celebrate the birthday of Betty Crocker with Minty Cream-filled cake. Created with frozen whipped topping and SuperMoist Light devil's food cake mix, it has all the flavor without all the fat. Now you can have your great-tasting cake and eat it, too.

Minty Cream-Filled Cake

- 1 package Betty Crocker SuperMoist Light devil's food cake mix
- 1 container (8 ounces) frozen whipped topping, thawed
- 10 hard peppermint candies, crushed
- 1 teaspoon peppermint extract
- 4-5 drops red food color, if desired

Heat oven to 350°. Grease and flour tube pan, 10x4 inches. Prepare cake mix as directed on package. Pour batter into pan. Bake 45 to 50 minutes or until top springs back when touched in center. Cool 10 minutes. Invert onto wire rack or heatproof serving plate; remove pan. Cool cake completely.

Slice off top of cake about 1/4 inch down; reserve top. Make cuts down into cake 1/4 inch from outer edge and 1/4 inch from edge of hole, leaving substantial "walls" on each side. Remove cake within cuts, using spoon or curved knife, being careful to leave a base of cake 1 inch thick.

Mix remaining ingredients thoroughly. Spoon half of the mixture into cake cavity; press firmly. Replace top of cake; press gently. Frost side and top of cake with remaining peppermint mixture. Refrigerate any remaining cake. 12 to 16 servings.

Free Cookbooklet

Betty Crocker wants to share ten other easy, delicious and satisfying dessert recipes. For your free copy of the SuperMoist Light dessert cookbooklet, send the UPC symbol from the bottom of a SuperMoist Light package along with your name and address to: SuperMoist Light Recipe Booklet, P.O. Box 5069, Minneapolis, MN 55460.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

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March

2- Make It Cake

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16- Cooking With Eggs